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DECISION DAY 2017

Here's everything you need to know about the candidates, their positions and where to vote as New Yorkers head to the polls today. 2

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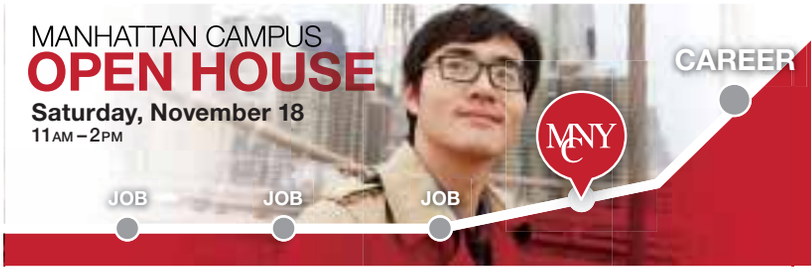

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De Blasio, Malliotakis and Dietl's final faceoff is at the polls today

NYC MAYORAL RACE 2017

After leading the polls, will incumbent Bill de Blasio get a second term or be unseated by Republican Nicole Malliotakis or independent Bo Dietl?

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

It all comes down to today. After leading the polls for the past several months, will Mayor Bill de Blasio get a second term in office or will New Yorkers opt for Staten Island Republican Assemblywoman Nicole Malliotakis or former NYPD detective and independent Bo Dietl?

While we can only speculate until the polls close Tuesday night, here's what you need to know about Election Day and where the top three candidates stand.

Terrorism

In last week's debate, held the day after a terror attack in lower Manhattan that left eight dead in 12 others injured, the first questions dealt with terrorism, including the monitoring mosques.

"Yes, we can prevent terror by intelligence gathering," de Blasio said, but added that past NYPD surveillance "alienated police from the very people we needed information from, and it violated people's rights."

While Malliotakis said a group or religion should not be targeted, police should have "the tools that we need to do their jobs" with "no limits to their ability when they get their lead."

Dietl echoed President Donald Trump's sentiment regarding the political correctness of extreme vetting, saying that "it cannot be there all the time."

Transit

To fix the city's aged and in-crisis subway system, Dietl would "immediately" use the city's $4 billion surplus.

De Blasio has proposed a "millionaire's tax" on the wealthiest New Yorkers to raise $800 million for transit, which, he told us in September, is "something that can be acted on right away" if passed.

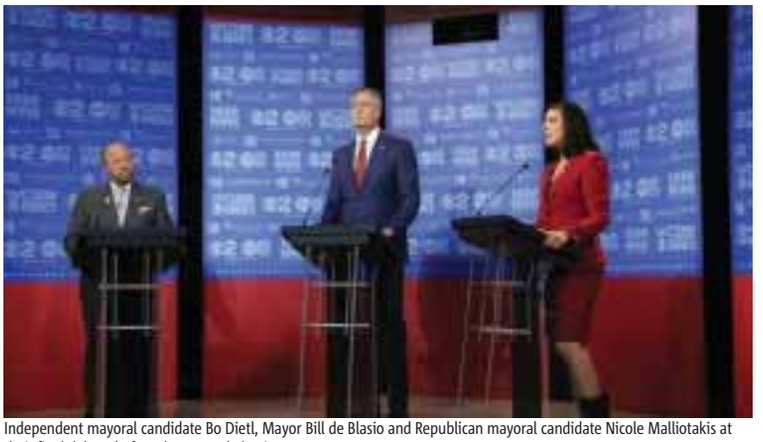
Malliotakis has vowed to work with Gov. Andrew Cuomo, who controls the MTA, to fix the issues that include upgrades to signals, which contribute to nearly 70,000 monthly delays.

Affordable housing

Malliotakis proposed incentives like moving costs and rent reductions for singles or couples in multi-bedroom apartments to downsize as well as creating 30,000 units of supportive housing to reduce homelessness.

Dietl suggested a similar incentive program for "empty nesters," but would charge higher rents to those who stay.

De Blasio announced the city will meet his goal of building or preserving 200,000 units of affordable housing two years before its initial 2024 target.



Independent mayoral candidate Bo Dietl, Mayor Bill de Blasio and Republican mayoral candidate Nicole Malliotakis at their final debate before the general election. GETTY IMAGES

How to vote in NYC

You can only vote at your designated polling place, which will be open from 6 a.m. to 9 p.m. today.

To find your polling station, visit vote.nyc.ny.us or nyc.pollsitelocator.com on mobile devices. You can also call 866-VOTE-NYC.

WHAT THE POLLS SAY

According to last week's NY1/Baruch College City poll of 1,089 New Yorkers, de Blasio leads Malliotakis 49 percent to 16 percent, while Dietl comes in third with 3 percent. However, de Blasio's 33-point lead decreased from 44 percentage points in early October, NY1 reported.

The most-recent NBC4/Marist poll of 1,137 city residents on Oct. 5 showed de Blasio having a 42-point lead over Malliotakis' 16 percent. Dietl had 5 percent.

Voters cast their ballots. GETTY IMAGES

WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

Happy Election Day, New York! If you've got a gripe about something in this fair city of ours, today is your chance to make your voice heard by getting out there to vote, which you can do until 9 p.m. tonight. We have everything you need to know, from how to find your polling station to where the mayoral candidates stand on some key issues as well as the latest poll numbers.

BAIL CONDITIONS KEPT IN PLACE FOR MANAFORT

A U.S. district judge again declined to ease bail conditions for President Donald Trump's former campaign manager Paul Manafort and his business associate Richard Gates, saying they still needed to provide more financial information. Judge Amy Berman Jackson said she was concerned about some of the $12 million in assets that Manafort had offered as security to get the court to lift house arrest and allow him to stop wearing an electronic monitoring device. Manafort and Gates have pleaded not guilty to a 12-count indictment as part of Special Counsel Robert Mueller's investigation into alleged Russian interference in the 2016 presidential election and potential collusion with Trump associates. Jackson said she was especially worried about life insurance policies Manafort had offered as part of an effort to secure better bail conditions.

TRUMP WANTS JAPAN TO BUY US WEAPONS

2 President Donald Trump said that Japan would shoot North Korean missiles "out of the sky" if it bought the U.S. weaponry needed for doing so, suggesting Tokyo take a stance it has avoided until now. North Korea is pursuing nuclear weapons and missile programs in defiance of U.N. Security Council sanctions and has made no secret of its plans to develop a missile capable of hitting the U.S. mainland. It has fired two missiles over Japan. Trump, speaking after a summit with Japanese Prime Minister Shinzo Abe, repeated his mantra that the "era of strategic patience" with North Korea was over, and said the two countries were working to counter the "dangerous aggressions". Trump also pressed Japan to lower its trade deficit with the United States and buy more U.S. military hardware.

HEAD OF US FINANCIAL AGENCY TO RESIGN

3 The head of a U.S. government agency created to monitor financial markets after the 2007-2009 financial crisis will resign from the post at the end of this year. Richard Berner, director of the Office of Financial Research (OFR), will leave that agency Dec. 31, the Treasury Department announced Monday. Berner helped create the agency as a Treasury official under President Barack Obama and has led it since its creation in 2013. The Treasury did not say who would replace Berner, but his exit gives President Donald Trump another opportunity to shift government watchdogs in a more industry-friendly direction. Berner helped establish the agency as a Treasury Department official before becoming its first and only director. He is leaving roughly one year before his term expires in January 2019.

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Brooklyn	**Address**	**Date**	**Time**
Downtown Brooklyn Community Office	635 Fulton Street, 1st floor Brooklyn, NY 11217	11/7, 11/17	3pm–4:30pm
Queens	**Address**	**Date**	**Time**
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st floor Jackson Heights, NY 11372	11/3, 11/10 11/17, 11/24	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st floor South Richmond Hill, NY 11419	11/8, 11/24	3pm–5pm
Bronx	**Address**	**Date**	**Time**
Fordham Community Office	412 E Fordham Road Bronx, NY 10458	11/1, 11/15 11/29	10am–11am
E. Tremont Community Office	774 E Tremont Avenue, 1st floor Bronx, NY 10460	11/9	10am–11am
Long Island (Nassau County)	**Address**	**Date**	**Time**
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	11/1, 11/15, 11/29	6:30pm–7:30pm
		11/4, 11/18	2pm–3:30pm

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The two detectives are accused of raping the handcuffed teenager in the back of an NYPD police van. GETTY IMAGES

NYPD cops quit after being charged with raping teenage girl

DNA recovered from the teenager matched both officers.

MORGAN ROUSSEAU
@metromorgan
morgan@metro.us

Two disgraced New York City police officers quit their jobs Monday as they face rape and kidnapping charges for allegedly forcing a handcuffed teenager to perform sex acts on them in the back of a police van.

Detectives Eddie Martins, 37, and Richard Hall, 33, arrived at police headquarters Monday morning to resign, according to police.

"Police Officers Eddie Martins and Richard Hall, formerly assigned to Brooklyn South Narcotics Division, appeared on their own at police headquarters today and quit their employment with the NYPD," the police department said in a statement. "Their criminal cases involving charges of rape and other related felony offenses are still pending in Kings County Supreme Court."

Now that the men have quit, they won't have to face a previously scheduled departmental trial on Thursday that would have determined whether they could keep their jobs, police said. After the accusation, the officers had been suspended without pay.

"Today, the two men at the center of these allegations quit their jobs as police officers. Had these charges been upheld in an upcoming departmental trial, I would have fired them immediately," Police Commissioner James P. O'Neill said in a statement. "And I would have done so on behalf of every NYPD cop, because we owe the communities we serve — as well as the honest, hardworking men and women of this department — nothing less."

The men were charged on Oct. 30 after the victim, an 18-year-old woman, reported the Sept. 15 incident in which she said the two on-duty officers took turns raping her after arresting her for possessing marijuana and two Klonopin pills.

Martins allegedly told the young woman that he and his partner were "freaks" and asked her "what she wanted to do to get out of the arrest," according to the DA's office. He allegedly then forced the handcuffed teen to perform a sex act on him while he was in the back of the van while Hall drove, reportedly watching through the rearview mirror. Martins then allegedly raped the teen. After that, Martins and Hall stopped the van and switched places, investigators said.

DNA recovered from the woman matched both defendants, according to Brooklyn District Attorney Eric Gonzalez.

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NYPD MONITOR

NYC police monitor to focus on lawfulness, not number, of stops: Judge

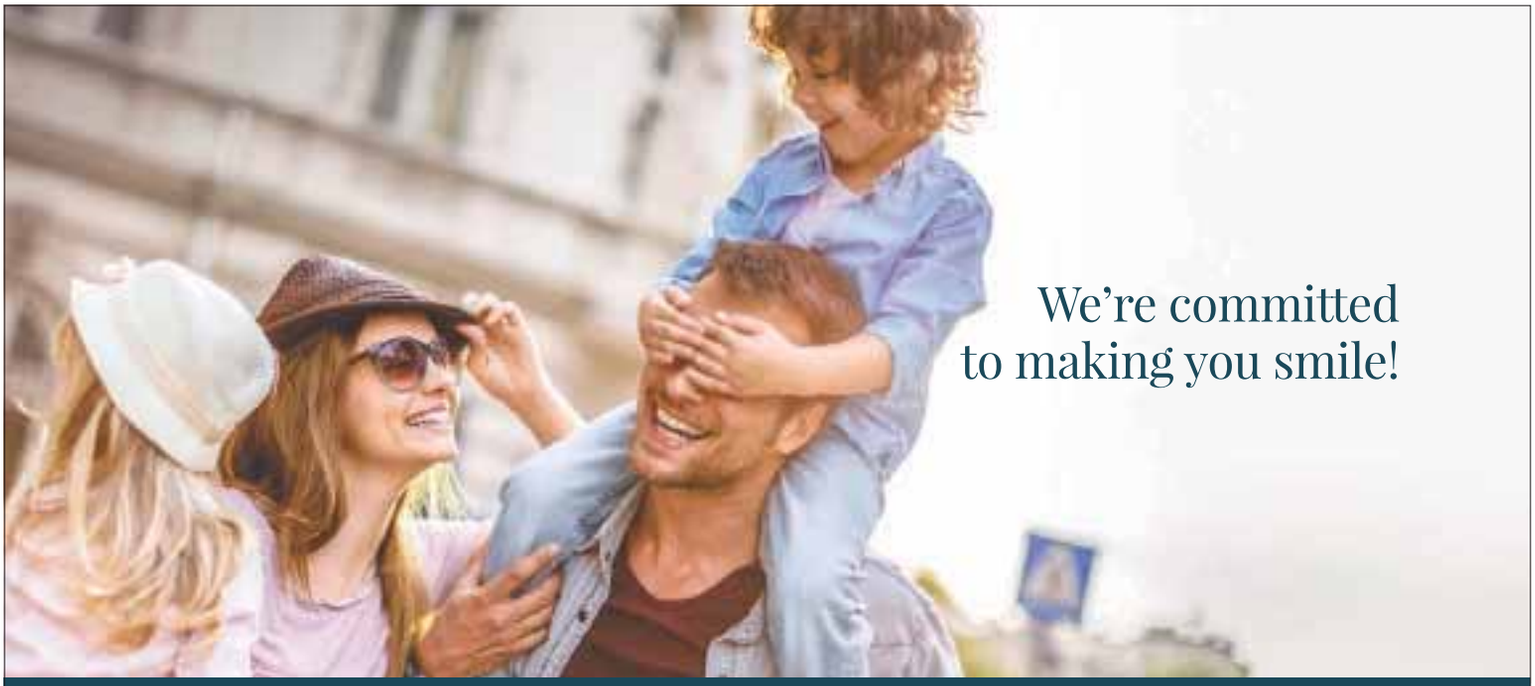
A federal judge in Manhattan on Monday authorized a court-appointed monitor for New York City's police department to oversee an improved evaluation system for officers that focuses on the lawfulness of their street stops rather than the number.

District Judge Analisa Torres in adopted the recommendation of the monitor, Peter Zimroth, who had in an Oct. 20 letter noted "significant positive changes" in how the New York Police Department evaluated its officers.

Zimroth had been appointed in 2013 after the NYPD's "stop-and-frisk" methods, which critics said gave officers license to conduct racial profiling, were declared unconstitutional by District Judge Shira Scheindlin.

Torres noted Scheindlin's findings that officers once faced "significant pressure" to conduct more stops, through meetings in which NYPD leadership urged local commanders to increase the number, and through performance evaluations that rewarded more stops and threatened discipline for too few.

According to NYPD data, recorded street stops increased sevenfold from 2002 to 2011, when they peaked at 685,724 but fell to just 12,404 last year. REUTERS



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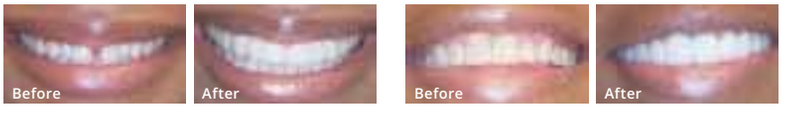

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Mayor Bill de Blasio signed a new law on Monday that expands the city's paid leave policy to support suvivors of domestic violence, sexual assault, stalking and trafficking. GETTY IMAGES

NYC expands paid sick leave to help survivors of domestic violence and sexual assault

The new law allows survivors to take time from work to attend to their safety.

KRISTIN TOUSSAINT
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kristin.toussaint@metro.us

New York City expanded its paid leave policy on Monday to help support residents who are survivors of domestic violence, sexual assault, stalking and trafficking.

Mayor Bill de Blasio signed the new law on Monday, which amends the administrative code of the city around paid leave and expands the Earned Sick Time Act, which will now be renamed the Earned Sick and Safe Time Act.

Under the new law, the nearly three million New Yorkers eligible for paid leave are now allowed to attend to their immediate safety needs "without fear of penalty or loss of income," according to the city.

"No New Yorker should ever have to decide between their safety and a paycheck," de Blasio said in a statement. "This new law will make it easier for survivors to get the care they need without jeopardizing their livelihood."

By allowing "safe time" as a paid leave option, survivors can access the critical services they need — like receiving medical care, visiting domestic violence shelters or rape-crisis centers, filing a police report, meeting with a social worker and so on — as they immediately need, without fear of work repercussions.

The mayor, first lady Chirlane McCray and City Council Member Julissa Ferraras-Copeland introduced the bill in October of 2016. In his statement, de Blasio thanked his co-introducers for "championing this cause, and fighting to bring an end to the pernicious cycle of domestic abuse."

Across the United States, victims of intimate partner violence report an average of 7.2 days of work-related lost productivity per year, according to the New York City Domestic Violence Task Force.

The law goes into effect 180 days after signing. It does not add to the total amount of leave a worker can take — no less than 40 hours per year — but instead adds "reasons for using the leave to allow a survivor of domestic violence, sexual assault, trafficking or stalking to take time off of work in order to plan their immediate next steps and focus on safety, without fearing a loss of income," according to the city.

7.2

VICTIMS OF INTIMATE PARTNER VIOLENCE REPORT AN AVERAGE OF 7.2 DAYS OF WORK-RELATED LOST PRODUCTIVITY PER YEAR.

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Bill de Blasio

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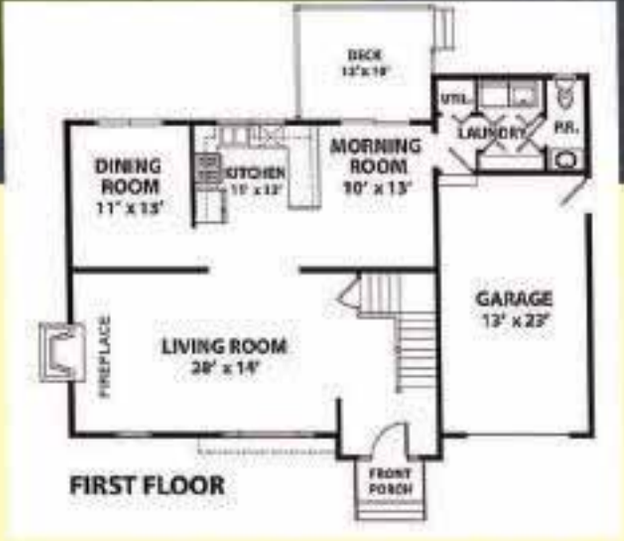

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MADE FOR NEW YORK.

Former Congressman Weiner begins prison sentence for sexting with minor

On Monday, disgraced New York City politician Anthony Weiner began his 21-month prison sentence for sexting a 15-year-old girl.

A Bureau of Prisons spokesperson confirmed to NBC News that the former congressman and mayoral candidate, who was sentenced Sept. 25, arrived at the Federal Medical Center, Devens, in Ayer, Massachusetts. He had until 2 p.m. to surrender himself.

The men's facility, about 40 miles west of Boston, is, according to its website, "an administrative security federal medical center with an adjacent minimum security satellite camp."

There are a total of 1,138 total inmates, including Peter Madoff, Bernie Madoff's brother, and Danny Heinrich, who was sentenced to 20 years on child-pornography charges last year. The charge came three months after Heinrich confessed to murdering 11-year-old Jacob Wetterling in Minnesota in 1989, whose disappearance had been a decades-old cold case.

Weiner arrives at a courthouse for his sentencing. GETTY IMAGES

At his sentencing, where prosecutors sought a two-year sentence, Weiner's lawyers requested probation instead of incarceration so the former politician could continue therapy and his Sex Addicts Anonymous sessions, The New York Times reported.

"It's a serious crime that deserves serious punishment," Judge Denise Cote said.

Weiner, who was tearful at the sentencing, said he was "a very sick man for a very long time."

Devens is one of nine federal prisons — and the closest to New York — that offers the treatment Weiner is slated to continue, the New York Daily News reported.

On May 19, Weiner pleaded guilty to one count of sending obscene material to a minor, a 15-year-old girl from North Carolina, in 2016.

On that day, his wife, longtime Hillary Clinton aide Huma Abedin, filed for divorce.

The sexting incident was the last in Weiner's yearslong downfall that began in May 2011, when he tweeted a graphic picture of himself in his underwear, and included possibly playing a role in Clinton's loss to Donald Trump last year when emails between Clinton and Abedin were found on his computer by federal investigators. NIKKI M. MASCALI

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Lara Trump spreading fake news criticizing Hillary and Obama

The presidential daughter-in-law and 2020 campaign adviser tweeted a disturbing and previously debunked manifesto.

MICHAEL MARTIN
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Presidential daughter-in-law Lara Trump has been circulating a debunked article linking Democrats to totalitarianism.

Newsweek reported Sunday morning Lara Trump tweeted a dark message to her 326,000 followers: "America: Keep your eyes open... there are people in the USA trying to make this a reality... Never stop fighting to save our country...#MAGA." Attached to the tweet was an image of an article titled "Beware the useful idiots," which linked Hillary Clinton and Barack Obama to Saul Alinsky, a Chicago community organizer, and a manifesto on government that Alinsky never actually wrote.

The statement reads: "1) Healthcare — Control healthcare and you control the people. 2) Poverty — Increase the Poverty level as high as possible, poor people are easier to control and will not fight back if you are providing everything for them to live. 3) Debt — Increase the debt to an unsustainable level. That way you are able to increase taxes, and this will produce more poverty. 4) Gun Control — Remove the ability to defend themselves from the Government. That way you are able to create a police state. 5) Welfare — Take control of every aspect of their lives (food, housing, and income). 6) Education — Take control of what people read and listen to — take control of what children learn in school. 7) Religion — Remove the belief in the God from the Government and schools. 8) Class Warfare — Divide the people into the wealthy and the poor. This will cause more discontent and it will be easier to take (tax) the wealthy with the support of the poor."

Newsweek noted that the fact-checking site Snopes has debunked this and similar viral lists attributed to Alinsky: "This list is simply a modern variant of the decades-old, apocryphal Communist Rules for Revolution piece that was originally passed along without attribution until Alinsky's name became attached to it (presumably because someone out there thought it sounded like something Alinsky might have written)."

During the 2016 presidential campaign, Ben Carson said that Alinsky was one of Clinton's heroes and that she had written her senior college thesis on him.

The New York Times reported that Clinton did write her undergraduate Wellesley College thesis on Alinsky but noted she was not a complete disciple: "Ms. Rodham endorsed Mr. Alinsky's central critique of government antipoverty programs — that they tended to be too top-down and removed from the wishes of individuals. But the student leader split with Mr. Alinsky over a central point. He vowed to 'rub raw the sores of discontent' and compel action through agitation. This, she believed, ran counter to the notion of change within the system."

Lara Trump, a former producer for "Inside Edition" who is married to the president's son Eric, previously ran into criticism when she launched a "real news" show on President Trump's Facebook page, which relayed positive stories related to the administration and omitted any less-than-stellar developments. She gave birth to son Eric "Luke" Trump in September.

Lara Trump is a former producer for "Inside Edition" who is married to the president's son Eric. GETTY IMAGES

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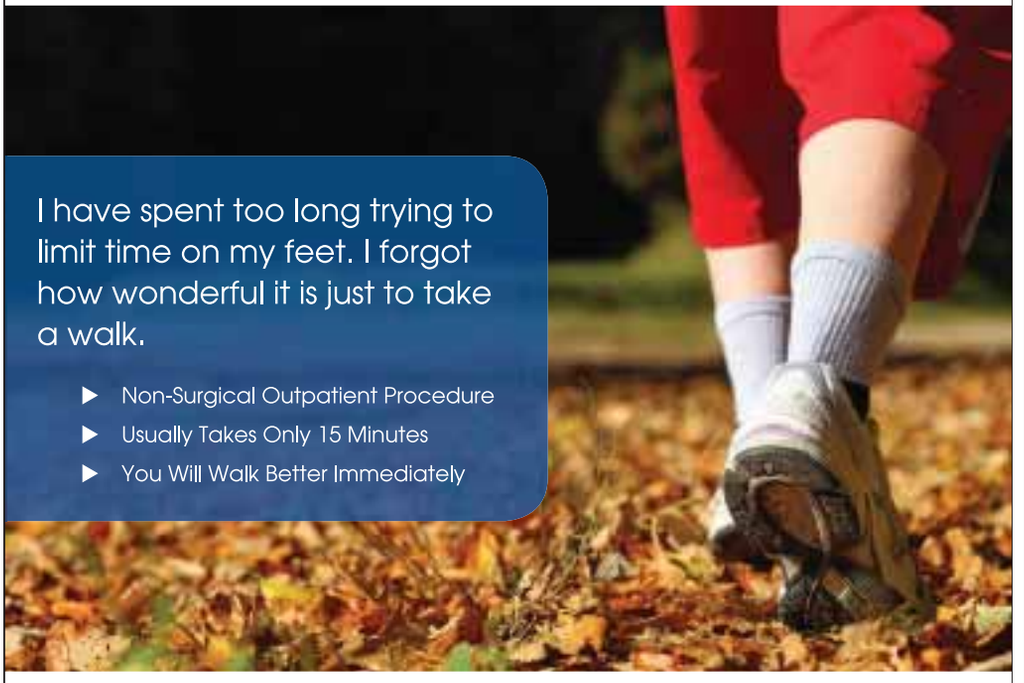

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Now Accepting Health First

Paul McCartney slams Trump for ignoring climate change, says it's 'madness'

Paul McCartney has been a longtime advocate for vegetarianism and environmental activism. GETTY IMAGES

In BBC interview, ex-Beatle urges people to "forget" president and act to change what they can.

LENYON WHITAKER
@lenyon
lenyon.whitaker@metro.us

Paul McCartney is speaking out against President Trump and calling him out for not making climate change a priority.

During a recent interview with BBC's Radio 1 Newsbeat, the former Beatle said Trump's opposition to climate change is "madness."

McCartney, who has been a longtime advocate for vegetarianism and environmental activism, is promoting a short film called "One Day a Week," which urges people to live one day a week without eating any animal products in an effort to help the environment. The film is connected to McCartney's foundation, Meat Free Monday, which aims to raise awareness of the "detrimental environmental impact of eating meat."

"It's not the total solution, but it's part of the solution," McCartney told Radio 1 Newsbeat. "A lot of people have been saying this for a long time but there's resistance," he added.

"Particularly when you've got someone like Trump who says that it [climate change] is just a hoax. A lot of people like myself think that's just madness, so it's maybe a good time now to try and focus people's attention and say, 'Look, forget about him. We can do something.'"

McCartney accused President Trump of thwarting "a lot of the advances that have been made" to support the environment.

In June, President Trump announced his plans to pull out of the Paris Agreement on climate change, saying it is "very unfair at the highest level to the United States." Trump adds, "The Paris accord will undermine our economy" and it "puts us at a permanent disadvantage."

On at least one occasion, Trump has gone as far as to say global warming was created by the Chinese and believes it's a hoax.

In 2012, Trump tweeted "The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."

Paul McCartney's short film was released just ahead of the UN Climate Change Conference, which will take place Nov. 6- 17 in Bonn, Germany.

TAXES

Republicans push ahead with tax bill as Democrats sharpen attacks

Republican lawmakers on Monday began revising their proposed overhaul of the U.S. tax code, as Democrats pointed to the loss of popular deductions as proof the legislation was an assault on the middle class.

A draft bill unveiled last week by Republicans in the House of Representatives, if enacted, would be the biggest restructuring of the tax system since the 1980s and the first major legislative victory of the Trump presidency.

Although Republicans generally support the bill's broader themes, including a sharp cut in the corporate income tax, there are rumblings of dissent over other elements, including repeal of the deduction for state and local income tax (SALT) payments.

New York, California and other high-tax states would be hard hit by the removal of that deduction, a fact seized upon by Democrats to bolster their argument that Trump's plan is a gift to the wealthiest Americans.

"There are a lot of people expecting a tax cut who will be big losers under this bill," Rep. Bill Pascrell of New Jersey, a Democrat, said as the tax-writing panel convened to consider the bill.

The Republican tax plan was devised without Democratic input. The last major tax restructuring, Republican former President Ronald Reagan's 1986 overhaul, received significant input and support from Democrats. REUTERS

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Baby Boomers Benefitting From Knee Arthritis Tr

How Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers A

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

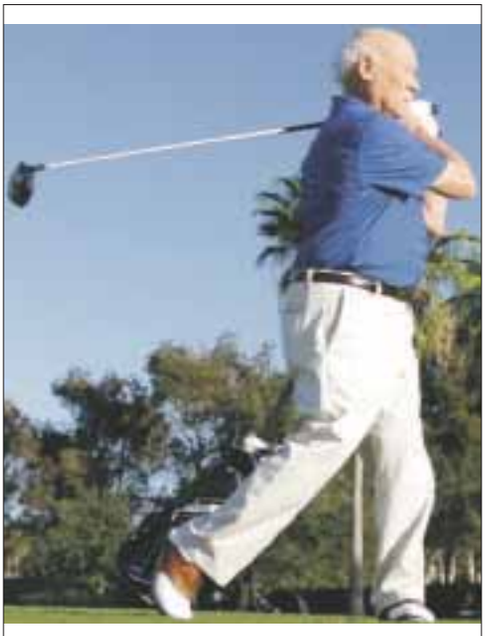
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While ***NYC Pain MD*** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at ***NYC Pain MD***.

Patients Should Be Assured About Prescsion Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** *You can actually see the lubricating gel as it goes where it in needed.* **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used THROUGHOUT THE ENTIRE PROCEDURE. Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At ***NYC Pain MD*** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

reatments Their Parents Could Only Dream About

void Knee Replacement Surgery and Stay Active Into Their 50's, 60's, 70s and even 80s

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at ***NYC Pain MD*** could be the answer you are looking for. **<u>This is important</u> - this is especially for you if you have had viscosupplmentation in the past without good results.**

Many patients who did not have good results elsewhere are often able get very favorable results because of the advanced technology and procdure experience at ***NYC Pain MD***. In fact, ome patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At *NYC Pain MD* Can Help You

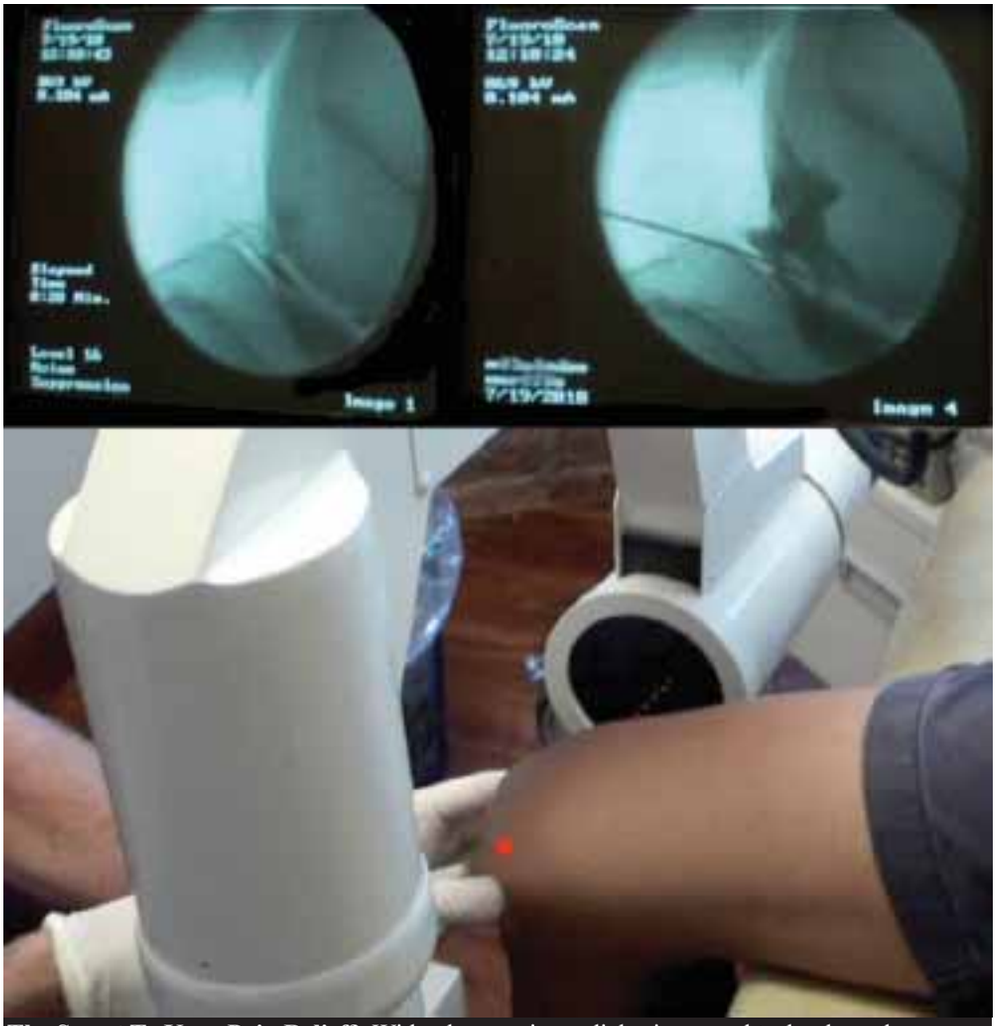
If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening , just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patents the individual time they deserve. If you have ever been to a doctors office and been rushed or treated like a number - ***NYC Pain MD*** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients like the good 'ole days... then ***NYC Pain MD*** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.



The Secret To Knee Pain Relief? With advances in medial science and technology the doctors at ***NYC Pain MD*** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. ***NYC Pain MD*** receives hundreds of patients calls weekly… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is or you . Zero risk or obligation. Just call **800-741-5340.** Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: T*echnology with Caring Doctors:* *NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.*

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- Utilization Management Nurses (LPN or RN)
- Non-clinical Telephonic & Field Coordinators (Spanish, Mandarin and Cantonese)
- Member Services Representatives

We have many open positions in preparing for January 2017. ***Walk-ins are welcome***! Please contact Vivian Chen to schedule your interview appointment. Phone: 929-258-7609 or Email: vchen@magellanhealth.com

Who was Texas Baptist church shooter Devin Patrick Kelley, and what was his motive?

What was Devin Patrick Kelley's motive? That's what investigators have yet to determine after Kelley opened fire Sunday in a rural Baptist church in Texas, killing 26 people and injuring 20 others.

Kelley committed suicide by shooting himself after a police chase. Law enforcement officials said he called his father during the pursuit.

Investigators said Sunday's massacre in Sutherland Springs, Texas, didn't appear to be a random act. Kelley's mother-in-law and father-in-law attended the church, but weren't present Sunday, police said. The AP reported Monday that Kelley's mother-in-law received threatening texts from him before the attack.

Kelley, 26, was a U.S. Air Force veteran who was dishonorably discharged for assaulting his wife and child, according to Air Force officials. Kelley served in its

Devin Patrick Kelley is pictured in this undated photo. **HANDOUT**

Logistics Readiness unit at Holloman Air Force Base in New Mexico from 2010 until his discharge in 2014.

He was court-martialed in 2012 for the assaults and served confinement for a year. Kelley reportedly divorced that wife, then later remarried.

Kelley had mental health problems and was denied a Texas gun permit, Texas Gov. Greg Abbot told CBS.

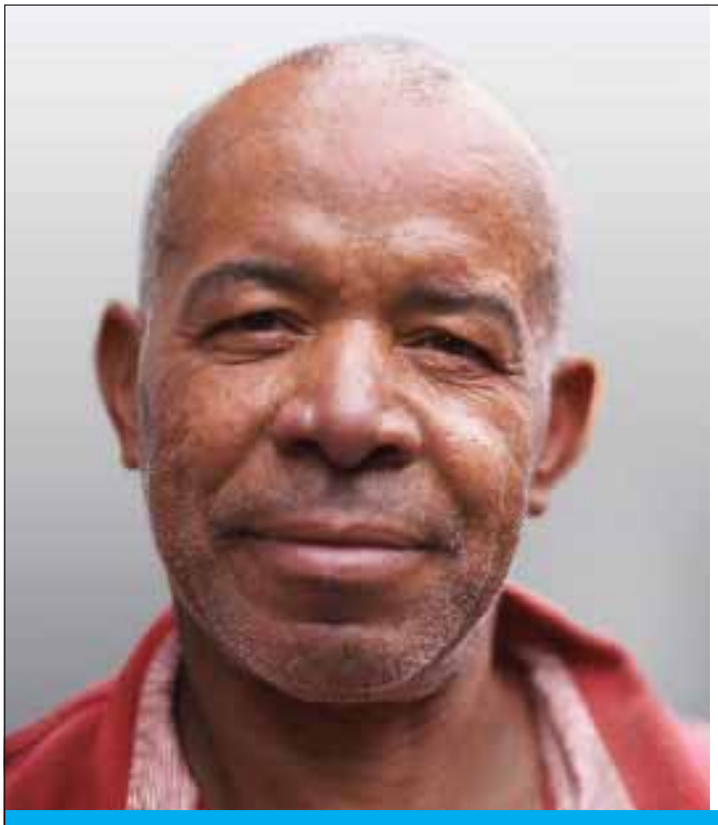
Photos online showed Kelley with two children, and a now-deleted Facebook post shows a picture of an AR-15 semi-automatic weapon with the caption: "She's a bad b–ch." Kelley was armed with an assault rifle and a handgun during the attack and was dressed in all-black and tactical gear.

Two of Kelley's former girlfriends told media he stalked them after their breakups. "He was very sick in the head," Katy Landry, a former girlfriend of Devin Patrick Kelley, told NBC News. Landry said Kelley used to tell her "sick, strange things," and assaulted her. He would prank-call her, and bribe her to hang out, she told the news outlet.

Criminal records show Kelley had only minor driving violations. There has been no link between Kelley and terrorist or militia groups, authorities said, though investigators are still looking into his background.

Kelley lived in New Braunfels, Texas, a town about 35 miles north of Sutherland Springs.

MORGAN ROUSSEAU



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Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

- A percentage of units is set aside for applicants with disabilities: mobility (5%) and vision/hearing (2%).
- Preference for a percentage of units goes to residents of **Bronx Community Board 6** (50%) and municipal employees (5%).

AVAILABLE UNITS AND INCOME REQUIREMENTS

	Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
30% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$396	8	→	1 person	$15,532 - $20,040
					2 people	$15,532 - $22,920
	2 bedroom	$482	7	→	2 people	$18,515 - $22,920
					3 people	$18,515 - $25,770
					4 people	$18,515 - $28,620
	3 bedroom	$551	1	→	3 people	$21,463 - $25,770
					4 people	$21,463 - $28,620
					5 people	$21,463 - $30,930
					6 people	$21,463 - $33,210
40% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$558	7	→	1 person	$21,086 - $26,720
					2 people	$21,086 - $30,560
	2 bedroom	$676	14	→	2 people	$25,166 - $30,560
					3 people	$25,166 - $34,360
					4 people	$25,166 - $38,160
	3 bedroom	$775	3	→	3 people	$29,143 - $34,360
					4 people	$29,143 - $38,160
					5 people	$29,143 - $41,240
					6 people	$29,143 - $44,280
50% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$720	7	→	1 person	$26,640 - $33,400
					2 people	$26,640 - $38,200
	2 bedroom	$870	14	→	2 people	$31,818 - $38,200
					3 people	$31,818 - $42,950
					4 people	$31,818 - $47,700
	3 bedroom	$1000	3	→	3 people	$36,858 - $42,950
					4 people	$36,858 - $47,700
					5 people	$36,858 - $51,550
					6 people	$36,858 - $55,350
60% AREA MEDIAN INCOME (AMI) UNITS	Studio	$822	2		1 person	$30,069 - $40,080
	1 bedroom	$882	25	→	1 person	$32,195 - $40,080
					2 people	$32,195 - $45,840
	2 bedroom	$1,065	58	→	2 people	$38,503 - $45,840
					3 people	$38,503 - $51,540
					4 people	$38,503 - $57,240
	3 bedroom	$1,224	5	→	3 people	$44,538 - $51,540
					4 people	$44,538 - $57,240
					5 people	$44,538 - $61,860
					6 people	$44,538 - $66,420
120% AREA MEDIAN INCOME (AMI) UNITS	1 bedroom	$1,368	2	→	1 person	$48,858 - $80,160
					2 people	$48,858 - $91,680
	2 bedroom	$1,647	16	→	2 people	$58,458 - $91,860
					3 people	$58,458 - $103,080
					4 people	$58,458 - $114,480
	3 bedroom	$1,898	8	→	3 people	$67,646 - $103,080
					4 people	$67,646 - $114,480
					5 people	$67,646 - $123,720
					6 people	$67,646 - $132,840

[1] Tenant pays electricity [2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.
* Parking lot space, laundry room, and bicycle storage will be provided by a third party. Pricing and availability TBD by vendor.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **January 5, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **West Farms Apartments c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **5 de enero 2018**

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the word

Tyrese is not the brightest, bulb-wise

Tyrese Gibson is a thirsty man who once starred in an Usher video as the villain. His latest thirst-driven offense? Admitting, via the internet, that Will Smith and Jada Pinkett Smith gave him $5 million to stay off the internet. What a guy!

After claiming that none of his friends were "showing up" for him during his ongoing legal battle with his ex-wife, the Smiths came through with dolla dolla bills, y'all. On Instagram, Gibson wrote, "Our sister Jada Pinkett-Smith and my brother Will Smith just sent us 5 million dollars to help keep us afloat. You've guys asked me to get off and stay off the Internet now that my daughters legal fees will be paid ! will listen." Typos his, of course. And yet, he has since shared posts on the likes of Instagram, Twitter and Facebook. Will, Jada, if you're listening — please get your damn money back.

Those furs won't save you from yourself, my dude.

Scott Disick has had enough

In this never-ending soap opera we call life — and that the Kardashian-Jenners call "Keeping Up With the Kardashians" — Kourtney Kardashian is calling out her ex Scott Disick. We're guessing it's for the cameras.

In just 15 seconds of scripted reality, it sure looks like things are coming to a head between these two.

Sofia Richie's boyfriend has no chill.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

When Kourtney leaves Disick out of a Kardashian family event, she says, "You think you can hurt me and still get invited to everything?" Reasonable!

Then, of course, Sofia Richie's boyfriend responds the only way he knows how: an insult that is meant to be cutting, but instead is as simple and inane as the character he plays on "Keeping Up With the Kardashians" is. "It's funny how fake you really are." OK!

We'll just have to wait and see until the next episode premieres for some closure. This family is all about the ratings, y'all.

Sarah Hyland lands herself a Bachelorette alum

Congratulations on whatever this is!
INSTAGRAM/@ SARAHHYLAND

Oh snap! Sarah Hyland — that girl from "Modern Family," a show that refuses to exit gracefully — and Wells Adams — former "Bachelorette" star with a ridiculous name — are dating, possibly. Hooray? The maybe-couple, who regularly post pictures of themselves gazing into each others eyes on Instagram, kind of confirmed they were an item via a post Hyland shared.

"He puts up with me," she wrote in a picture that's supposedly cute and candid. And that's enough proof that these two are in looooooooove. To be fair, Adams, 33, and Hyland, 26, also dressed up as Eleven and Dustin, respectively, for Halloween, and we all know the couple that costumes together stays together, or something.

Cheers to these two normals on their blossoming love in the public eye. Or their best friendship, or whatever modern-day kerfuffle this is.

Patton Oswalt is married, haters

We don't even have anything snarky to say, TBH. TWITTER/@ MEREDTHSALENGER

Back in July, comedian Patton Oswalt had to contend with people on Twitter who were mad he got engaged 15 months after the unexpected death of his first wife. He, as the young kids say, "clapped back" at some Twitter trolls, or something. Anyway, shout out to all you haters — Oswalt and his new lady love with the brown hair, Meredith Salenger, are married now. Take that!

The couple reportedly tied the knot at the Jim Henson company lot — hmm, OK — in Los Angeles on Saturday, and shared it most vigorously on their respective social-media accounts. The ceremony was officiated by Martha Plimpton — yet another celebrity who, for some reason, can legally marry other celebrities — who introduced the couple. Also, unsurprisingly, Questlove DJ'd.

Congratulations to these two! Don't let the haters get you down, even if you did get married in what appears to be a very well-decorated parking lot.

‘Last Flag Flying’ — more of a buddy film than war movie

Bryan Cranston, Steve Carell, and Laurence Fishburne. AMAZON STUDIOS

30 years later, three soldiers reunite in brotherhood.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

This isn’t your typical war movie.

In the absence of guns, violence and bloodshed, the focus of “Last Flag Flying” is on the ties that bind soldiers for life.

Three veterans of the Vietnam War (played by Bryan Cranston, Steve Carell and Laurence Fishburne) come together to bury a son whose life was cut short during service in the Iraq War, and the touching treatment of patriotism and loss will knock the wind out of you.

“It was unlike anything I had every read,” Fishburne tells us. “I describe it as a grief piece. And yet it’s also this weird road-trip/buddy movie. It’s not a war film. It is a film about grief. We see movies about the heroism of war, or the madness of war, or the history of war, or how conflicts evolve. But we don’t get to tell stories about the people left behind.”

Directed by the prolific Richard Linklater, who has brought us laughs (“Dazed and Confused”) and heartbreak (“Boyhood”), the evolution of each of the characters is beautifully constructed. “You know that you’re getting to work with someone special,” says Fishburne about the director. “He really understands it from all sides. He’s a writer, director and an actor. He understands what actors need, and understands how the writing melds with the directing, which melds with the performances. He understands how to control the ship perfectly, mixing comedy with heavy circumstances. He’s just so thoughtful, and curious about the human condition.”

The movie “invites you in, in a very quiet way,” says Fishburne.

“Last Flag Flying” is playing in select cinemas in New York City.

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This year's New York Comedy Festival is bigger than *ever*

Tracy Morgan is back with his series "The Last O.G." — and to celebrate, NYCF is celebrating him and Cedric the Entertainer with A Toast to the OGs of Comedy. COURTESY OF NEW YORK COMEDY FESTIVAL

Chatting with the woman behind it all, Caroline Hirsch, about which shows to look forward to and her favorite up-and-coming comedians.

RACHAEL VAUGHAN CLEMMONS
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It's about that time: The New York Comedy Festival is back. This year, from Nov. 7 to Nov. 12, the city will see over 200 comedians performing more than 60 shows at venues around the city. And as always, the festival is produced by Carolines on Broadway — this year, in partnership with TBS.

We talked to the woman behind the festival, Caroline Hirsch, who has long been credited with boosting New York City's stand-up-comedy scene, about which shows to look forward to, her favorite up-and-coming comedians and why she relates more to young female comedians than young male ones.

You've got such an eye for picking out new talent — what young comedians are you into these days?

I like Tim Dillon. We're doing bus tours with him, he's a great stand-up. Also keep an eye out for Amanda Seales. There's lots of people to be watching here during the festival.

Do the comedians you like sort of have a common thread?

They're smart and have their own voice. That's pretty much what makes people stand out over the years. I was just watching a little interview Tiffany Haddish had with Stephen Colbert, and she was so fun and refreshing and so honest. And she's hysterical. I'm laughing here at my computer, so that's what it is. It's fresh and having your own take on things. And that's what makes people break out.

Another part of it is you have to work hard also; after you get that initial buzz, you have to work really, really hard to make sure you still have those same standards going.

Do you see more diversity in comedy as well?

I'm really, really impressed with how many women want to be in this business. It kind of floors me. When I first started, there were no women around who wanted to work in this industry. But now it's changed a lot. Which is, you know, I'm glad for that. I can kind of relate more with the young women who have come through here than the young men who come through here.

Caroline Hirsch
GETTY IMAGES

How do you think the comedy scene has changed in the last 30 or so years?

Years ago when I started, stand-ups wanted to be on "The Tonight Show Starring Johnny Carson," because that was sort of the stamp of approval. In today's age, with social media and YouTube, somebody can be a viral sensation on one thing that they put out. Doesn't mean that they're going to be great in the stand-up world, but it does mean they'll get noticed. So social media is very, very important today.

Shows to look out for

Here are some of the events Hirsch is most excited about.

Full Hour with "Full Frontal's" Samantha Bee hosted by Ana Gasteyer, TBS Main Stage
An intimate conversation with icon-in-the-making Samantha Bee, hosted by SNL alumni and "People of Earth" star Ana Gasteyer.
Nov. 7, 5 p.m.

Conan Presents: The Writers of "Conan" Live, TBS Main Stage
This event will bring together the comedy writers of "Conan" for a stand-up comedy showcase.
Nov. 7, 9 p.m.

A Toast to the OGs of Comedy, NYU Skirball Center
This tribute to Tracy Morgan and Cedric the Entertainer — who both star in the series "The Last O.G." — will bring together comedians like Donnell Rawlings, Derek Gaines and Tracey Ashley for an unforgettable night of stand up comedy.
Nov. 9, 8 p.m.

Refinery29 Presents: In Charge of Being Funny, TBS Main Stage
Comic wunderkind Ruby Karp, 17, will host a panel on being a woman in a leadership position in the world of comedy. The talk will bring together showrunners, head writers, creators and other visionaries, like "Difficult People" creator and star Julie Klausner.
Nov. 10, 3 p.m.

"Search Party" Presents: Season Two Watch Party & Bloody Maria Brunch, The Hub
A binge and brunch, compliments of Patrón? Yes, please. Here's your chance to watch the second season of the hit series — which premieres Nov. 19 — while enjoying complimentary Bloody Marias, of course.
Nov. 11, 11 a.m.

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For 67 years, Junior's has been setting the standard for New York-style cheesecake well beyond the five boroughs.

The cheesecake moguls who started out in Downtown Brooklyn and now have restaurants in Times Square, Connecticut and Florida are chalking up another year of success with a one-day sale.

This Tuesday, Nov. 7, marks the 67th anniversary of the opening of Junior's Restaurant and Bakery, and in honor of the milestone all five of its locations will be selling slices of their traditional plain cheesecake for just 67 cents.

Whether you dine in or get it to go, the deal is available during lunch or dinner with the purchase of any entrée, like classic deli sandwiches and steak burgers.

Looking for something a little more substantial? In honor of its birth year, 1950, you can also pick up a small plain cheesecake for $9.50 or a large for $19.50.

Even if you don't live near a Junior's, you're not left out of the celebration. Every cheesecake ordered through their online store on Nov. 7 will be discounted by $9.50.

Lest you think little has changed in its nearly seven decades, Junior's just introduced Pumpkin Pie Cheesecakes this season. Unlike their usual Pumpkin Cheesecake, this one starts with a graham cracker crust, then layers in pumpkin pie filling and traditional plain cheesecake, then gets a topping of pumpkin mousse.

They even have their own trendy milkshakes that balance an entire slice of cheesecake. Not bad for a 67-year-old.

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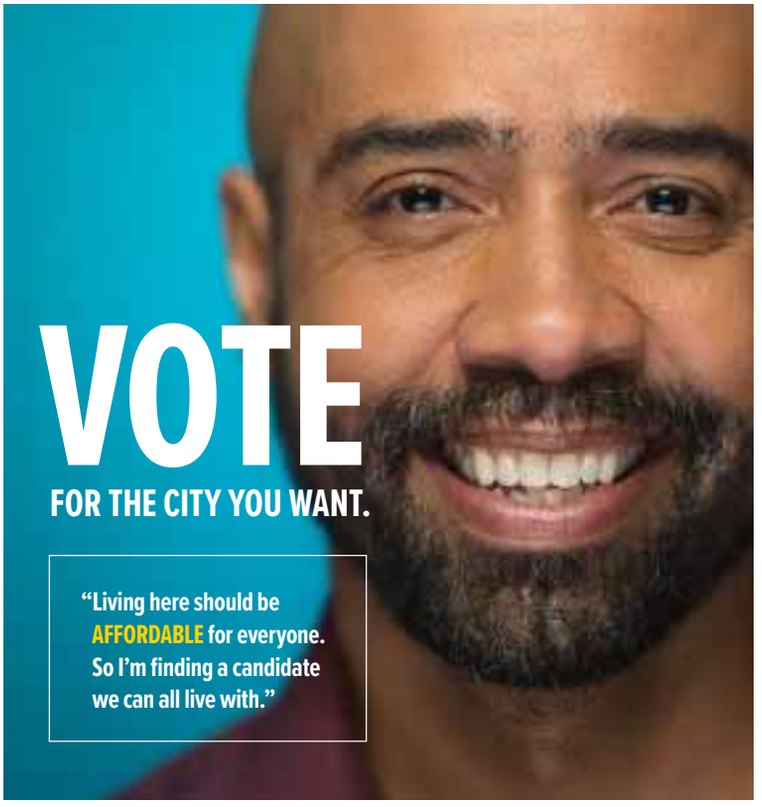

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Child's pose is a soothing and calming way to spend some time in before you face the day. ALL PHOTOS ISTOCK

Instead of hitting the snooze button, ease into your day with these gentle poses you can do while still in bed.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Getting out of bed each day: what a drag! Maybe one of you reading right now is the type who leaps up to *carpe diem*.

But if you're like most of us, you groan and hit the snooze button. This longing to hibernate will only intensify as the weather gets colder.

Turns out there may be a way to linger in bed while also getting your mind and body right for the day: yoga, right there on the mattress.

While taking regular 60-90 minute yoga classes is ideal, not everyone has the time. "People are always looking to fit in a little bit of yoga and there's a lot of different places and ways you can do it," says Rebecca Weible, the founder of Yo Yoga! Studio in NYC. "It doesn't always have to be on the mat."

Here are four easy poses Weible suggests doing while you're waking up in bed. Hold each one anywhere from about one to five minutes.

Variation on legs-up-the-wall

This pose is fairly self-explanatory. Lie on your back in bed with your legs up against the wall or headboard, as close as you can get. Bring your feet together while bending your knees and spreading them out to the side, forming a triangle, for a gentle hip opener and lower back stretch.

Child's pose

Lie on your stomach, placing one pillow between your knees and thighs and another supporting your torso from the pelvic bone up. Keeping your back straight, spread your knees open while having your toes still touching and stretch your arms out in front of you.

"Child's pose is a very soothing sensation for a lot of people because it reminds us so much of being in the fetal position," says Weible. "There's a sense of peace and calm that carries into adulthood."

Back-bend

Position your pillow horizontally under your back so that your head and rear are on the mattress and then arch your back for a gentle back bend.

Hand-to-foot pose

Lie on your back and bring your right knee into your chest, interlacing your fingers around the back of your right thigh as you stretch your leg up to the ceiling. Repeat with the left. Hold this pose for 30 seconds to a minute.

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OPINION

MARC MALUSIS
@marcmalusis

The New York Knicks have their superstar.

A unicorn, by definition, is a mythical animal typically represented as a horse with a single straight horn projecting from its forehead. Certainly, there is no horn projecting from the forehead of Kristaps Porzingis, but his rare combination of size, length and athleticism indeed make him a unicorn.

He is rare, proving to be fragile, but rare. Mythical in his ability to make the Knicks relevant again. His ability to be a game-wrecker and to make impact plays both offensively and defensively to change the course of a basketball game gives the Knicks a player that other organizations will fear for years to come.

He is a momentum changer.

Porzingis has played like the franchise player many thought he could be when we first got a glimpse of him during his rookie season. He has been allowed to spread his wings and take ownership of this team as its franchise player. That hurdle was cleared with the trading away of Carmelo Anthony to the Oklahoma City Thunder. Even though they were good friends on and off the court, Porzingis needed Melo gone to grow as a player. It was the perfect example of addition by subtraction.

It has been an interesting first nine games for the Knicks as they are 5-4, which includes being 5-1 in their last six games after an 0-3 start. There were calls for the job of head coach Jeff Hornacek after said start, which made little to no sense.

After all the initial uproar, the Knicks have actually become a watchable product and a winning one that plays an entertaining and fun brand of team basketball.

They are not a championship-caliber basketball team, but what they are is a TEAM that seems to enjoy playing with and for one another. That is very important because that has not always been the case with the Knicks organization. It has been about everything else instead of playing for one another, all the drama and the side stories and the distractions that drive you crazy. It is about the basketball again. How refreshing is that?

In Kristaps Porzingis, the Knicks have a big chip in the game. They have their star who has played at an MVP level through the first eight games of the NBA season.

Just thank heavens the Knicks showed Phil Jackson the door before he followed through on his plan to trade Porzingis.

Porzingis has averaged 30.2 points per game and has scored 30 points or more in seven of the nine games so far this season, including a career-high 40 against the Indiana Pacers on Sunday night.

Yes, there will be the continued questions about his health and if he can physically hold up over the course of a long 82-game NBA regular season. At 7-foot-3, history is unkind to players of his size being able to hold up physically for a long, sustained NBA career. Even with that being the case, I can easily make the argument that the game has never seen a player with the combination of his size, athleticism and skill set.

After all, he is the "unicorn."

There is a reason to be excited to watch the Knicks again, and it has everything to do with Porzingis.

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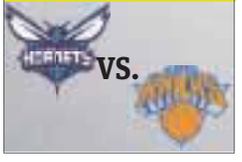

9
GAMES

30.2
POINTS PER GAME
(2nd in NBA)

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2.2
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(2nd in NBA)

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Isles save future by not trading for Duchene

With Matt Duchene off the trade market, the Isles should count their blessings.

JOE PANTORNO
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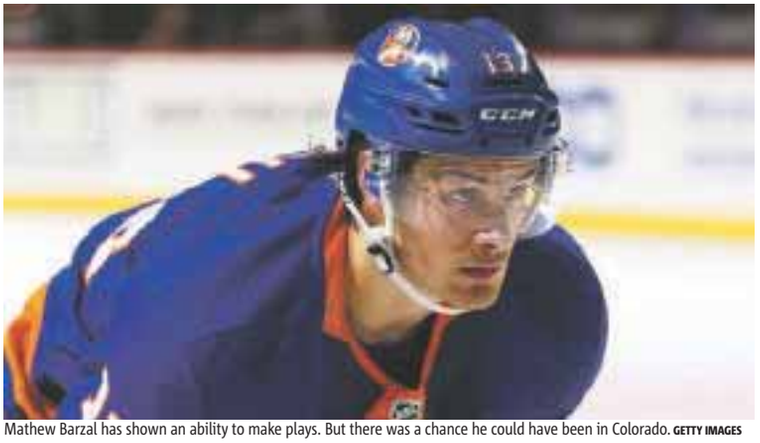
joseph.pantorno@metro.us

Whether it was trading away Zdeno Chara, Roberto Luongo, Jason Spezza, Bryan McCabe or Todd Bertuzzi, the New York Islanders built a reputation for coming out on the bad end of the trade market over the last few decades. General manager Garth Snow has attempted to buck that trend thanks to the acquisitions of Nick Leddy, Johnny Boychuk and Jordan Eberle over the past three years, but it might be a trade that didn't go through that could be one of the most memorable of his tenure here.

Over the summer and into the early parts of the 2017-18 season, the Islanders were looking to add to their offensive arsenal despite nabbing Eberle from the Edmonton Oilers for Ryan Strome. Eberle was expected to be the star first-line winger that John Tavares was missing, but that still left something to be desired on the lower lines, especially at second-line center.

Matt Duchene, at the time, seemed like the perfect fit. Scoring 20-plus goals in five of his first eight full NHL seasons, the 26-year-old playmaker who desperately wanted out of Colorado would have brought some much-needed depth to the Islanders' scoring lines. Only three players scored more than 20 goals last season, two of them being on the first line in Tavares and Anders Lee.

The two sides held talks leading up to the NHL draft in late June and Avalanche GM Joe Sakic named his price. If the Islanders wanted Duchene, they'd have to give up defenseman Travis Hamonic, goalie prospect Ilya Sorokin, prospect Mathew Barzal and a first-round draft pick.



Mathew Barzal has shown an ability to make plays. But there was a chance he could have been in Colorado. GETTY IMAGES

Snow declined, not wishing to part ways with Barzal and shortly after traded Hamonic to the Calgary Flames.

His refusal has worked out well for the Islanders as Barzal is quickly developing into one of the game's most explosive rookies. His 13 points rank second among all first-year players behind Arizona Coyotes phenom Clayton Keller, and he's coming off a huge Sunday night in which he set a franchise rookie record with five assists against who else? The Avalanche.

The 20-year-old is just the sixth player in Islanders history to record five helpers in a game, joining Mike Bossy, Denis Potvin, Stefan Persson, Brent Sutter and Pat LaFontaine. That's some pretty good company to be in.

Not to mention Sorokin could be the goalie of the future depending on his development as Jaroslav Halak and Thomas Greiss have not shown that they can consistently be called upon as the Islanders' stalwart in goal.

Sorokin is 12-5-2 with a 1.78 GAA with CSKA Moscow in the KHL this season but has a pedestrian .916 save percentage.

During Sunday's 6-4 victory over the Avalanche in Brooklyn, the Islanders saw Duchene leave the ice during the first period as he finally got his wish of being traded. Sakic dealt him to the Ottawa Senators as a part of a three-team trade.

The Avalanche got what they wanted in four prospects and three draft picks while the Senators sent Kyle Turris to the Nashville Predators.

No real losers in that deal.

And no real losers in Brooklyn, either as Islanders fans will have to find something else to complain about amid their team's 8-5-1 start to the season that has them sitting in fourth place within a very competitive Metropolitan Division.

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JERRY REESE BUILT THIS GIANTS MESS

It's over. Time to start over.

The New York Giants' 51-17 loss to the Los Angeles Rams was just the latest exhibit in some termination folders that will be handed out this January.

It is a team with precious little depth but also an equal lack of heart, something that falls on general manager Jerry Reese.

A drastic overhaul isn't needed for this Giants team, but what they must somehow procure is a plan. A definite purpose on how to take this group of talented individuals on a roster littered with Pro Bowl talent and elevate them to where they should be. The current plan is underwhelming, to say the least.

The Giants' roster, as it stands, doesn't seem to have a whole lot of intentionality to it. Yes, there are difference makers at skill positions, but years of neglecting needs along the offensive line, at linebacker and at running back as well have caught up with this team.

It is almost with an arrogance that the Giants ignored these deficiencies.

Look at the Giants drafting history over the past four years and you will see this neglecting of pressing areas repeatedly. The lack of direction in building this team as well as a lack of identity has hampered the Giants this year. It was a major reason the Giants lost in the playoffs last year to a Green Bay Packers team that was built with purpose and sustainability in mind. Not just a hodgepodge of free-agent spending.

The team he built last year and certainly this go-around lacked a backbone to push through. When the going got tough these Giants instead got on Justin Bieber's boat.

These mercenaries, brought in via free agency, weren't all bad. Some, like Damon Harrison, certainly care. But too many didn't bleed Giants blue, they were only too interested in money green or after parties. Instead, they signed giant checks, and that mind-set shows up in games like this. When the Giants needed their players to dig down following the bye week, they instead saw them roll over.

And that has led the Giants to this 1-7 record and its current mess.

They certainly aren't a team at this point in time — just a bunch of individuals wearing the same uniform. That problem falls squarely on Reese.

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NOTICE IS HEREBY GIVEN that a license, Number 1304431, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 156 7th Ave., Brooklyn, NY 11215, for on premise consumption. M Studio's & Café Corp. d/b/a Market Table By Café M.

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NOTICE OF FORMATION of Baristola Management LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 07/28/2017. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 124-16 15th Ave., College Point, NY 11356. Purpose: any lawful activity.

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10 Talks to a beat
14 Too suave
15 Bungling
16 Earthenware jar
17 Minor anomaly
18 Yule sleigh driver (2 wds.)
20 Tuba and bugle
22 Stubborn
23 Pint-size
25 Action word
26 Mozart's home
27 Heir, often
28 Huge hairstyle
32 Is off base
33 Reuben purveyors
35 Reddish-brown horse
36 Moo goo -- pan
37 Wire gauge
38 Freudian subjects
39 -- -- foot pole
41 Galas
43 Drama award
44 Orchid-loving Wolfe
45 Advantages
46 Dry red wine
48 Tool storage
50 Magic lamp dwellers
51 Starbucks orders
54 Make fun of
55 Place of retreat (2 wds.)
57 Label
61 Restaurant handout
62 Get up
63 Wedding-cake part
64 Stiffly decorous
65 Full and then some
66 Steel-mill refuse

Down

1 Move up and down
2 Small, in Dogpatch
3 "The Greatest"
4 Punctuation marks
5 Interpret wrongly
6 Ludicrous
7 Cozy rooms
8 NYC dwelling
9 Flower parts
10 Car safety feature (2 wds.)
11 Asian range
12 Arithmetic sign
13 Robe tie
19 Stray dog
21 Have
23 Steal software
24 More creepy
25 Thin material
26 Meat avoider
27 Narrow openings
29 Weakness
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47 Naval off.
49 Attention getter
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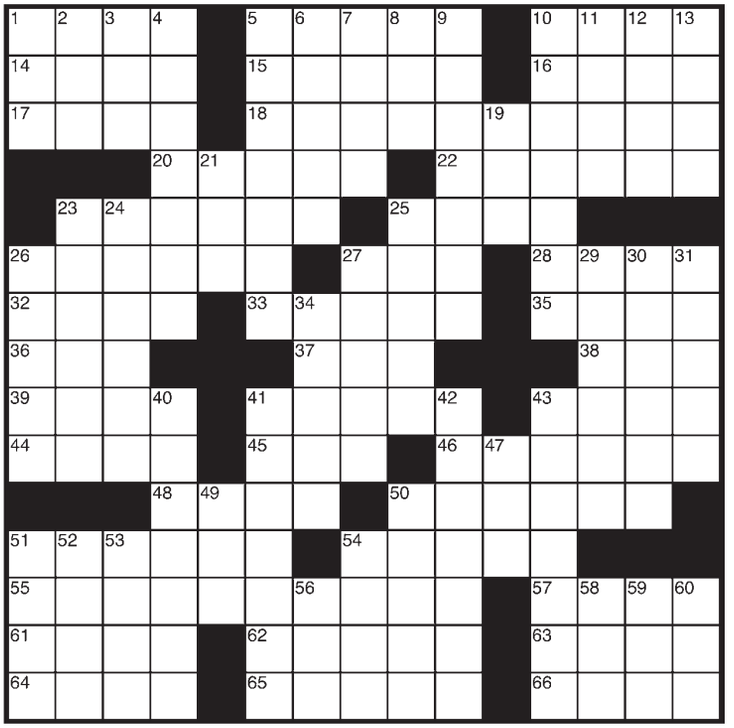
52 State positively
53 Ms. Braxton
54 Kid
56 Mouths
58 Have a cold
59 Give -- -- break
60 Foot-pound relative



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easy

		1			7	6	2	5
2								
8	5	6	4					3
				3		7		2
			5	9	8			
4		9		7				
1					9	4	5	7
								8
5	2	8	7			1		

hard

7					9		5	8
	9			1	2			
	8		7			9		
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		4			5		1	
			1	2			3	
6	1		9					5

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Aries Anger solves nothing, but positive action does. Rely on your intelligence and discipline to see matters through to the end. Don't give up on someone you care about.

Taurus Take care of personal and relationship matters. Your attentive behavior will encourage optimum support and a display of affection in return.

Gemini Incorporate your experience, connections and knowledge into your plans to reach your goal. Negotiate terms and ask for an agreement in writing.

Cancer Take pride in your appearance. Get together with people you find emotionally and mentally stimulating. Personal changes will make you happy. Romance is in the stars.

Leo Fix up your surroundings. Updates that will help you cut your overhead should be considered. An offer, gift or money will come from an unusual or unexpected source.

Virgo Demands will be made that will make it difficult for you to get the job done to the best of your ability. Don't take on more than you can handle.

Libra Personal growth will give you the push you need to make changes to your lifestyle. A change in an important relationship will help stabilize your future.

Scorpio Negotiate for what you want. Use your intuitive insight to drive home your desires without being unrealistic. You can come out on top.

Sagittarius Do something nice for someone you love, but don't go into debt trying to prove how much you care. Offering assistance will mean more than any gift you can offer.

Capricorn Show a little passion, whether dealing with work or personal issues. Speak directly to those involved in any situation that touches you deeply. Romance is in the stars.

Aquarius Do something that will make you happy. Take better care of your health. Proper diet will improve your looks and confidence.

Pisces Home improvements will help to cut your costs. A physical move or alteration to your living arrangements will save you money and ease your stress. EUGENIA LAST

Yesterday's answers

E	M	M	A		G	A	F	F	E		G	A	D	S
C	O	U	P		A	L	B	U	M		A	T	O	P
H	A	S	P		B	L	I	N	I		S	A	G	A
O	T	H	E	L	L	O		K	R	E	M	L	I	N
			A	L	E	T	A			S	A	L	E	S
E	X	T	R	A	S		C	A	C	T	I			
P	R	I	S	M		N	A	S	A		N	A	T	O
E	A	R		A	B	I	D	I	N	G		B	A	N
E	Y	E	D		A	C	E	S		O	L	L	I	E
			R	E	H	E	M		S	T	E	E	L	S
W	A	T	E	R			Y	A	C	H	T			
O	D	Y	S	S	E	Y		R	U	S	T	I	E	R
L	O	P	S		L	A	K	E	R		I	D	L	E
F	R	E	E		B	R	I	A	R		N	O	S	E
E	N	D	S		A	N	T	S	Y		G	L	A	D

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